Nicholas Whitaker

KEYNOTE SPEAKER · COACH · CO-FOUNDER, REBELLION COLLECTIVE

NOW BOOKING 2027

Based in Colorado · Available to travel anywhere

THE TALK

In a system changing faster than people can metabolize, reclaiming your capacity is an act of rebellion.



Nicholas Whitaker spent 25 years teaching, leading, and building: a decade running his own production company while teaching at Marymount Manhattan College and The New School, then 13 years at Google, where he trained journalists in 53 countries. When a 3am layoff email ended the corporate chapter, the coaching practice he'd spent a decade building alongside it became the work. Through the Rebellion Collective, he guides rebellious leaders and high performers through the identity crisis after the title falls away: the moment the thing you built your life around stops holding.

SIGNATURE TALKS

Running on Empty: Beating Burnout at Its Foundation

Burnout treated at its root instead of its symptoms. This keynote names the V.O.I.D. (Volatility, Overwhelm, Isolation, and Distraction) as the condition underneath the exhaustion, then hands the room the C.H.E.A.T. Code for rebuilding capacity. Delivered to newsrooms at IRE and SABEW, and to corporate teams.

After the 3am Email: Identity and Reinvention After Job Loss

The talk built from the layoff email that started all of this. Part lived story, part practical map through Recognition, Reflection, and Reconstruction: who you are when the role ends, and how to rebuild what comes next. For organizations navigating layoffs, transitions, or the slow erosion of meaning at work.

The C.H.E.A.T. Code: Reclaiming Capacity in the Age of AI

Capacity is a function of Habits, expressed through Energy, Attention, and Time. A framework-driven keynote that gives teams a usable model for protecting the resource everything else depends on.

ALSO OFFERS

Leading Yourself First (leadership workshop)
Ground Before the Grind (sunrise nervous-system reset)
Reclaim the Afternoon (midday capacity reset)
You Have Arrived (nature meditation)
Lightning Coaching (live 1:1 sessions)
Live AMA (unscripted Q&A)

FORMATS

- Keynotes & mainstage talks
- Interactive workshops
- Half-day nature-based retreats
- Fireside conversations & team facilitation

FROM THE ROOM

> *"Nick's plenary sessions on resilience, mental wellbeing and mindfulness are transformative."*
>
> ODETTE A., FOUNDING PARTNER, GLOBAL MEDIAX

> *"An incredible experience that truly elevated the summit."*
>
> DEPUTY DIRECTOR, ARIZONA STATE PARKS & TRAILS

> *43 attendees cited his keynote in their written feedback, the C.H.E.A.T. Code among what stuck most.*
>
> SANTA FE COLLEGE PD DAY REPORT

> *"Our members really need this. Yours is in my staff picks."*
>
> TRAINING DIRECTOR, IRE

AUDIENCES

Hundreds of rooms over twenty years, from four people to a thousand. **Journalists** at SABEW, RTDNA, and IRE. **Founders** at Boulder Startup Week. **Overlanders** at Overland Expo. **Corporate leaders** from Coca-Cola, LinkedIn, and Google. **Nonprofits** like United Way. **Higher education institutions** like Santa Fe College. Newsrooms and meditation rooms across 53 countries. Different rooms, same throughline: people doing demanding work who were never taught how to steward the one resource it all depends on.

Every talk comes out of thirteen years inside big tech and the layoff that ended it. Audiences leave with language for what they are carrying and a framework for what to do next.

FRAMEWORKS

C.H.E.A.T. Code
The 5 C's
V.O.I.D.

Book Nicholas for your stage.

Complimentary fit call for organizers · custom keynotes & workshops

Book nicholaswhitaker.com/connect
Email hello@nicholaswhitaker.com
LinkedIn in/nicholaswhitaker